

WST 2011  
Feb 12

# Kicking the Habit

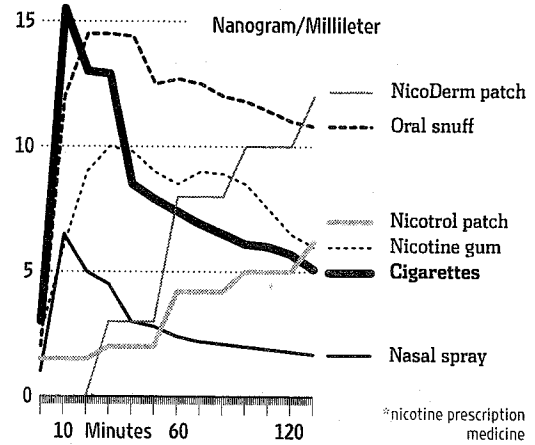
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—Sarah Slobin



The first lady confirmed this week that President Barack Obama hasn't had a cigarette for nearly a year. Quitting is hard. For the 20.8 million people who smoked in 2008, estimates show, 45% had tried to quit. But people struggle to do it.

## How nicotine enters the bloodstream

Blood concentrations of nicotine from various nicotine replacement therapies.

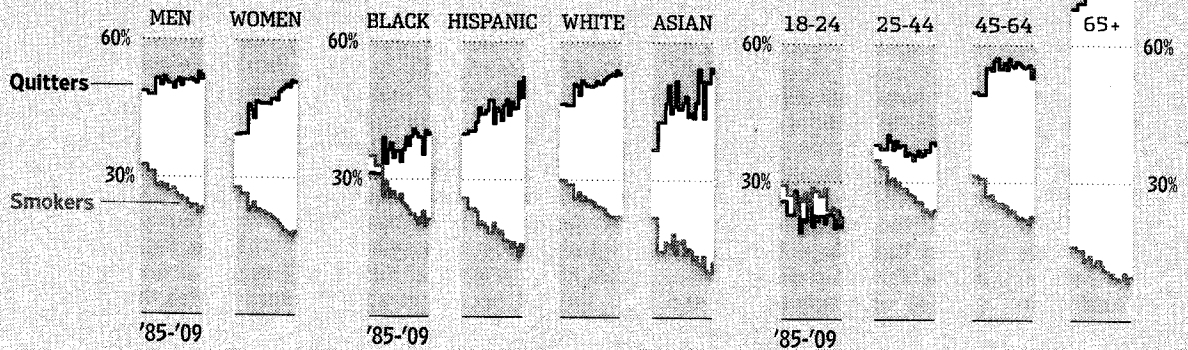


Chances after six months a smoker will have quit using these methods alone:

- Chantix® 33.2%
- Nasal spray 26.7%
- Patch 26.5%
- Gum 26.1%
- Inhaler 24.8%

## Wisps of Smoke

With fewer places to light up and health risks writ large on packs, more people are quitting and fewer are smoking.



Other presidential vices

G.W. Bush Drinking in his youth

Jimmy Carter Lusting in his heart

Abraham Lincoln Prolific joke-telling

Sources: CDC; Office of the Surgeon General; Stephen Hess, James M. McPherson (Lincoln)

Note: Data for nicotine delivery systems are averages and vary based on dosage